

Lower Sioux Elder Nutrition Program Menu: January 1, 2019- January 31, 2019 Wicozani

Weekly Events	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 There will not be home delivered or congregate meal service on January 1st in observance of New Year's Day.		January 1  * No Elder Meal Service	January 2 Elder's Choice Day! Liver and Onions Mashed Potatoes w/gravy Asparagus Cornbread Chef's choice Dessert	January 3 Grilled Cheese Sandwich Tomato Soup Pumpkin seed spinach salad Apple Crisp	January 4 Baked Ham Au gratin potatoes Green beans Banana Pudding Square
	January 7 Ham and Broccoli Egg Bake Hash browns Mixed fruit cocktail	January 8 Beef Stir Fry Brown rice Chocolate Pudding w/ Strawberry Slices	January 9 Chicken Wild Rice Soup Garden Salad w/ western dressing Wheat Dinner Roll Chef's choice fruit	January 10 Turkey Vegetable Wrap Chef's choice fruit Yogurt Parfait w/ Berries	January 11 Grilled Pork chops Rustic Mashed Potatoes Cooked carrots Whole wheat bread slice Apple Sauce
Week 3	January 14 Grilled Chicken Caesar Dinner Salad Whole Wheat bread Chef's choice fruit Banana pudding square	January 15 Pot Roast Parsley Butter Potato Cooked Broccoli Whole wheat bread slice Chocolate Pudding	January 16 Grilled Chicken Breast w/ Gravy Wild Rice Salad Cooked carrots Whole wheat bread slice Apple Crisp	January 17 Hearty Ham & White Bean Soup Autumn salad w/ pumpkin vinaigrette Cornbread muffin Angel Food with Berries & whipped topping	January 18 Roast Beef Mashed Potatoes w/gravy Cranberry wild rice dinner roll Cooked green beans Chef's choice fruit
	January 21 Grilled Lemon Pepper Chicken Baked Potato California Medley Whole wheat bread slice Chefs choice fruit	January 22 Beef Stew Pumpkin Seed Spinach Salad Whole wheat bread slice Butterscotch Pudding	January 23 Elder's Choice Day! Turkey Commercial Chocolate Cake with sliced strawberries	January 24 Chef's Salad w/ Western Dressing Whole wheat bread slice Chef's Choice Fruit Oatmeal Choc. Chip cookie	January 25 Beef Stroganoff Cooked broccoli Wheat bread Blueberry Crisp
Week 4	January 28 Salmon Chef's choice cooked vegetable Wheat dinner roll Strawberry Rhubarb Square	January 29 Sweet Potato Burrito Bowl Salsa, sour cream Chef's choice fruit Sugar free vanilla Pudding	January 30 Broccoli Cheese Potato Soup Garden salad with light ranch Wheat breadstick Yogurt Parfait w/ Berries	January 31 Spaghetti w/ Meat Sauce Cooked broccoli English Muffin Garlic Bread Chef's choice fruit 	
	Week 5 Wisdom Steps Meeting in community center kitchen from 12:00 p.m. - 1:00 p.m. with Diabetes bingo to follow in the MPR at 1:00 p.m. Thursday, Jan. 31st				

Menu includes 1% or skim milk, coffee, tea, water. The menu meets the requirements of the National Standards for providing healthy meals, the *Dietary Reference Intakes* (DRI's) and the *Dietary Guidelines for Americans*. Menu has been evaluated and approved by: Stacy Hammer, RDN, LD. Menu is subject to change.

* Guest meals are available for \$6.50. Guest meal price includes: meal, drink and dessert. In order to ensure sufficient food is prepared, please call Gayle McCorkell one day prior at: 697-8016 if you need your meal delivered, or if you will be dining at Lower Sioux Community Center. Meals will be delivered between 11:30- 12:00 pm Monday- Friday at Community Center for those who wish to dine with friends and family. **Please turn over for important Elder Nutrition Program policy information.**

Reminder: The Lower Sioux Elder Caregiver Services Program has a stocked durable medical equipment lending closet!

Current durable medical equipment available from the Lower Sioux Health Care Center lending closet includes:

- Portable ramps, pill dispensers, rollator with seat and breaks, transport chairs, commodes and a portable hospital bed for end of life/hospice use in the home.
- If you or a family member have a need for durable medical equipment, please call Stacy Hammer at: 697-8945 to find out if the equipment needed is available and in stock at the Lower Sioux Health Care Center lending closet.

Reminder: The ENP van is available for Elder's needing transportation to and from the community center to enjoy their meal with other Elder's in the kitchen area for congregate services and for transportation to and from the grocery store:

- The van is also handicap accessible, which will allow room for those Elder's requiring their wheelchair for transporting.
- Please call Gayle McCorkell at: 697-8016 if you would like to be transported to community center dining area for your meal service.
- Please call Gwen Kodet at: 697-8941 and leave a message if you need transportation to and from the grocery store. First come, first serve, maximum of 7 adults in one trip.

Lower Sioux Caregiver Services Program Eligibility Requirements:

Family caregiver* means an adult family member, or another individual, who is an informal provider of in-home and community care to an eligible elder *or to an individual with Alzheimer's disease or a related disorder*. Respite care is care provided to a frail elder so that the caregiver can have a break.

Grandparents raising grandchildren - CHILD – The term “child” means an individual who is not more than 18 years of age *or who is an individual with a disability*. **GRANDPARENT OR OLDER INDIVIDUAL WHO IS A RELATIVE CAREGIVER** – a grandparent or step-grandparent of a child, or a *relative of a child by blood, marriage, or adoption who is 60 years of age or older* and either (A) lives with the child; (B) is the primary caregiver of the child because the biological or adoptive parents are unable or unwilling to serve as the primary caregiver of the child; or (C) has the legal relationship to the child or is raising the child informally.

Clarification of services - In respect to Grandparents caring for Grandchildren, the Lower Sioux Title VI program (Elder Nutrition Program) may utilize caregiver funds from the Native American Caregiver Support Program to provide respite and supplemental services to grandparents and relative caregivers. Funds may be provided to pay expenses such as summer camps and the SACC program that would allow grandparents a break from their daily caregiving responsibilities. Furthermore, funds may be utilized to provide daycare services for facilities licensed under Lower Sioux Health and Social Services.

- Grandparents raising Grandchildren will be allotted up to 24 hours of respite care per month. Families will be notified if allotments are adjusted due to changes in funding.
 - *Eligible family caregiver 60 years of age or older may receive up to 24 hours of respite care per month. Respite care can be provided in the home of the elder, the caregiver, or it can be provided at an out of home setting such as a senior center or adult day care center.

In order to begin services, and check for eligibility please contact Lower Sioux Title VI Director, Stacy Hammer, RDN, LD at: 697-8945.